

BE YOUR MAN



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Music: Your Man by Josh Turner, Album: Your Man, Available Itunes and other sites
<https://www.youtube.com/watch?v=nADTbWQof7Y>

Time/Speed: Time: 3:31 as downloaded

Rhythm/Phase: West Coast Swing 4+2 (Straight Whip, Triple Travel with Roll)

Footwork: Opposite except where noted

Difficulty: Easy

Released: April 2021, Rev3 Sept 2021 to correct facing directions Part C and Ending

Sequence: Intro, A, Bridge, B, A, C, B, A, Ending

INTRO:

1-4 HANDSHAKE MAN FACING CENTER PICKUP NOTES AND ONE MEASURE ; RIGHT SIDE PASS ~ SUGAR PUSH ; ; ;

{wait} In an L-shaped position man facing center handshake wait pickup notes and one measure;

{right side pass} Right hands joined lunge side L leading woman to pass, commence left face turn recover R, continue left face turn to face reverse switching to lead hands forward L/recover R, slight forward L (W forward R, forward L commence left face turn, side R continue turn/cross L in front continue turn, back R completing 1/2 left face turn to face partner); anchor R/L, R,

{sugar push} Back L, back R to tight BFLY; tap left slightly forward, forward L, anchor R/L, R (W forward R, forward L w/slight right face turn to tight BFLY; tap right in back of left, back R, anchor L/R, L);

5-7 LEFT SIDE PASS ~ TUCK AND SPIN ; ; ;

{left side pass} Back L commencing left face turn, back R continuing left face turn moving out of slot, continue left face turn to face RLOD, forward L; anchor R/L, R (W forward R, forward L, forward R turning left face/XLif of right continue turning left face, back R to face partner; anchor L/R, L),

{tuck and spin} Back L, back R; tap left slightly forward, forward L, anchor R/L, R (W forward R, forward L; tap right in back of L, back R spinning right face full turn to face M, anchor L/R, L);

PART A:

1-5 WRAPPED WHIP ; ; TUCK AND SPIN ~ SUGAR PUSH ; ; ;

{wrapped whip} Back L join trail hands, raising joined lead hands keep trail hands at waist level forward R toward woman's right side turning right face one quarter, side L toward LOD/ close R turn right face, continue right face turn to face RLOD side and forward L (W forward R, forward L, passing under joined lead hands forward R/close L, back R) end in momentary wrapped position on the woman's left side both face RLOD; release trail hands XRib of L turn right face, side L continue right face turn to face LOD, anchor R/L, R (W back L, back R, anchor L/R, L) end LOP facing LOD;

{tuck and spin} Back L, back R, tap left slightly forward, forward L; anchor R/L, R (W forward R, forward L, tap right in back of L, back R spinning right face full turn to face M; anchor L/R, L),

{sugar push} Back L, back R to tight BFLY; tap left slightly forward, forward L, anchor R/L, R (W forward R, forward L w/slight right face turn to tight BFLY; tap right in back of left, back R, anchor L/R, L);

- 6-8 LEFT SIDE PASS ~ MAN'S UNDERARM TURN ; ; ;**
{left side pass} Back L commencing left face turn, back R continuing left face turn moving out of slot, continue left face turn to face RLOD, forward L; anchor R/L, R (W forward R, forward L, forward R turning left face/XLif of right continue turning left face, back R to face partner; anchor L/R, L),
{man's underarm turn} Back L, forward and side R towards lady's left side raising lead hands commencing right face turn; Side L continuing turn/back and side R completing 1/2 turn to face LOD, forward L, small back R/recover slightly forward L, small back R;
- 9-13 SUGAR PUSH STACKED HANDS LEFT ON TOP ; , , STRAIGHT WHIP ; ; LEFT SIDE PASS WITH TUCK AND SPIN , ; ;**
{sugar push to stacked hands} Back L, back R to tight BFLY, tap left slightly forward, forward L; anchor R/L, R (W forward R, forward L w/slight right face turn to tight BFLY, tap right in back of left, back R; anchor L/R, L) to stacked hands left on top,
{straight whip} Back L, XRif of left turning right face to W's right while raising joined left hands and leaving joined right hands low; small side and forward L/recover R turning right face, side L (W forward R under joined left hands, forward L, forward R/close L to R, back R) to tandem RLOD with W in front of and slightly to right of M, XRib of left turning right face while raising joined right hands and keeping joined left hands low allowing W to back under joined right hands, forward L continue right face to face partner and LOD; anchor R/L, R (W back L backing under joined right hands, back R, anchor L/R, L) to end facing partner and LOD joining lead hands,
{left side pass with tuck and spin} Back L commencing left face turn, back R continuing left face turn moving out of slot; tap left to right leading lady to turn right face continuing left face turn to face RLOD small forward L/close R, forward L, anchor R/L, R (W forward R, forward L, forward R turning left face/XLif of R continue turning left face, back R to face partner, anchor L/R, L);
- 14 SAILOR SHUFFLE TWICE ;**
{sailor shuffle twice} XLib/side R, side L, XRib/side L, side R;
Note: The third time through A the directions are reversed.

BRIDGE

- 1-2 SUGAR PUSH WITH ROCK 2 ; ;**
{sugar push with rock 2} Back L, back R to tight BFLY, tap left slightly forward, forward L; rock back R, recover L, anchor R/L, R (W forward R, forward L w/slight right face turn to tight BFLY, tap right in back of left, back R; rock forward L, recover R, anchor L/R, L);

PART B:

- 1-4.5 LEFT SIDE PASS TO TRIPLE TRAVEL WITH ROLL ; ; ; ; , ,**
{left side pass to triple travel with roll} Back L commencing left face turn, back R continuing left face turn moving out of slot, continue left face turn to face LOD forward L/close R, forward L to end in a right hand star; Chasse side R/close L, side R releasing hands on last step and both turning 1/2 right face to face wall (W face COH), side L both rolling 1/2 right face to face COH (W face Wall), side R both continue to roll 1/2 right face to face wall (W face COH) joining L hands in L hand star; Chasse side L/close R, side L releasing hands on last step and both turning 1/2 left face to face COH (W face wall) joining R hands in R hand star, chasse side R/close L, side R releasing hands on last step and both turning 1/2 right face to face wall (W face COH) joining left hands in left hand star; Chasse side L/close R, side L releasing hands on last step and both turning 1/2 left face to face COH (W face wall), side R both rolling 1/2 left face to face wall (W face COH), side L both continue left face roll to end in LOP facing LOD; anchor R/L, R,
- 4.5-7 SLOW SIDE BREAKS ; SUGAR PUSH , ; ;**
{slow side breaks} Step side L turning lead hand palm up/side R turning trail hand palm up, -, close L/close R, -,

{**sugar push**} Back L, back R to tight BFLY; tap left slightly forward, forward L, anchor R/L, R (W forward R, forward L w/slight right face turn to tight BFLY; tap right in back of left, back R, anchor L/R, L);

Note: The second time through B the directions are reversed.

PART C:

1-4 SUGAR PUSH TO L POSITION HANDSHAKE ~ RIGHT SIDE PASS ; ; ; SLOW SIDE BREAKS TO STACKED HANDS LEFT ON TOP ;

{**sugar push to L position**} Back L, back R to tight BFLY, tap left slightly forward, forward L; step R/recover slightly forward L, turning ¼ left face back R to face WALL handshake (W forward R, forward L w/slight right face turn to tight BFLY, tap right in back of left, back R; anchor L/R, L),

{**right side pass**} Right hands joined lunge side L leading woman to pass, commence left face turn recover R; continue left face turn to face LOD switching to lead hands forward L/recover R, slight forward L (W forward R, forward L commence left face turn; side R continue turn/cross L in front continue turn, back R completing 1/2 left face turn to face partner), anchor R/L, R;

{**slow side breaks to stacked hands**} Step side L turning lead hand palm up/side R turning trail hand palm up, -, close L/close R to stacked hands left on top, -;

5-9 STRAIGHT WHIP ; ; SUGAR PUSH ~ TUCK AND SPIN ; ; ;

{**straight whip**} Back L, XRif of left turning right face to W's right while raising joined left hands and leaving joined right hands low, small side and forward L/recover R turning right face, side L (W forward R under joined left hands, forward L, forward R/close L to right, back R) to tandem RLOD with W in front of and slightly to right of M; XRib of left turning right face while raising joined right hands and keeping joined left hands low allowing W to back under joined right hands, forward L continue right face to face partner and LOD, anchor R/L, R (W back L backing under joined right hands, back R, anchor L/R, L) to end facing partner and LOD joining lead hands;

{**sugar push**} Back L, back R to tight BFLY, tap left slightly forward, forward L; anchor R/L, R (W forward R, forward L w/slight right face turn to tight BFLY, tap right in back of left, back R; anchor L/R, L),

{**tuck and spin**} Back L, back R, tap left slightly forward, forward L leading W to spin right face releasing lead hands (W forward R, forward L, tap right in back of left, back R spinning right face full turn to face M); Joining lead hands anchor R/L, R,

ENDING:

1-5 SUGAR PUSH WITH ROCK 2 ; ; UNDERARM TURN ~ TUCK AND SPIN ; ; ;

{**sugar push with rock 2**} Back L, back R to tight BFLY, tap left slightly forward, forward L; rock back R, recover L, anchor R/L, R (W forward R, forward L w/slight right face turn to tight BFLY, tap right in back of left, back R; rock forward L, recover R, anchor L/R, L);

{**underarm turn**} Back L, forward R to W's right side turning right face and leading W under joined lead hands, side and forward L turning right face/recover R turning right face, forward L face RLOD; anchor R/L, R (W forward R, forward L slight turn left face under joined lead hands, side R/XLIF of R, turn left face back R to face partner; anchor L/R, L),

{**tuck and spin**} Back L, back R; tap left slightly forward, forward L, anchor R/L, R (W forward R, forward L; tap right in back of left, back R spinning right face full turn to face M, anchor L/R, L);

6-8.5 WRAPPED WHIP ; ; MAN'S UNDERARM TURN , , ;

{**wrapped whip**} Back L join trail hands, raising joined lead hands keep trail hands at waist level forward R toward W's right side turning right face one quarter, side L toward LOD/ close R turn right face, continue right face turn to face RLOD side and forward L (W forward R, forward L, passing under joined lead hands forward R/close L, back R) end in momentary wrapped position on the woman's left side both face RLOD; release trail hands XRib of left turn right face, side L continue right face turn to face LOD, anchor R/L, R (W back L, back R, anchor L/R, L) end LOP facing LOD;

{man's underarm turn} Back L, forward and side R towards W's left side raising lead hands commencing right face turn, side L continuing turn/back and side R completing 1/2 turn, forward L; small back R/recover slightly forward L, small back R,

8.5-11 SLOW SIDE BREAKS ; SUGAR PUSH , , ; START WRAPPED WHIP MAN IN 4 AND HOLD ;

{slow side breaks} Step side L turning lead hand palm up/side R turning trail hand palm up, -; close L/close R, -;

{sugar push} Back L, back R to tight BFLY, tap left slightly forward, forward L; anchor R/L, R (W forward R, forward L w/slight right face turn to tight BFLY; tap right in back of left, back R, anchor L/R, L),

{start wrapped whip} Back L join trail hands, raising joined lead hands keep trail hands at waist level forward R toward W's right side turning right face one quarter; close L, close R (W forward R, forward L turning left face one quarter under joined lead hands; side R/close L, close R) ending in wrapped position on the W's left side both facing WALL both point left toward LOD,

HEAD CUES

Be Your Man

Intro, A, Bridge, B, A, C, B, A, Ending

Intro:

Handshake man facing center pickup notes and one measure;
Right side Pass ~ Sugar Push;;; Left Side Pass ~ Tuck and Spin;;;

Part A:

Wrapped Whip;; Tuck and Spin ~ Sugar Push;;; Left Side Pass ~ Man's Underarm Turn;;;
Sugar Push Stacked Hands Left on Top;;, Straight Whip;; Left Side Pass with Tuck and Spin;;
Sailor Shuffle Twice;

Bridge:

Sugar Push with Rock 2;;

Part B:

Left Side Pass to Triple Travel with Roll;;;;, Slow Side Breaks; Sugar Push;;;

Part A:

Wrapped Whip;; Tuck and Spin ~ Sugar Push;;; Left Side Pass ~ Man's Underarm Turn;;;
Sugar Push Stacked Hands Left on Top;;, Straight Whip;; Left Side Pass with Tuck and Spin;;
Sailor Shuffle Twice;

Part C:

Sugar Push to L Position Handshake ~ Right Side Pass;;;
Slow Side Breaks to Stacked Hands Left on Top; Straight Whip;; Sugar Push ~ Tuck and Spin;;;

Part B:

Left Side Pass to Triple Travel with Roll;;;;, Slow Side Breaks; Sugar Push;;;

Part A:

Wrapped Whip;; Tuck and Spin ~ Sugar Push;;; Left Side Pass ~ Man's Underarm Turn;;;
Sugar Push Stacked Hands Left on Top;;, Straight Whip;; Left Side Pass with Tuck and Spin;;
Sailor Shuffle Twice;

Ending:

Sugar Push with Rock 2;; Underarm Turn ~ Tuck and Spin;;; Wrapped Whip;;
Man's Underarm Turn;;, Slow Side Breaks; Sugar Push;;; Start Wrapped Whip Man in 4 and Hold;